

ST. LOUIS ARMY ENGINEER DISTRICT

ESPRIT

Vol. 33 No. 7

Winner 1992 Army Communities of Excellence Award

July 1996

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Information Management IM-P



The Planning and Services Branch (IM-P) of the Information Management Office provides services to the District in several functional areas. These areas, with the functional POC, are as follows:

IMA Planning - Christy Huskey (8656)
IMO Budgeting and Billback - Vivian Arthur (8640)
Visual Information - Russ Elliott (8644)
Records Management - Sharon Lecker (8648)
Printing - Debbie Kuhlmann (8638)
Mail Center - Ron Brown* (8645)
History - Cecily Jones* (8647)
Chief, IMP - Ron Jones (8655)

We are assisted greatly by three student employees: Angie Sally, Diane Lewis and Kent Hayes.

* Contract employees

IM-I

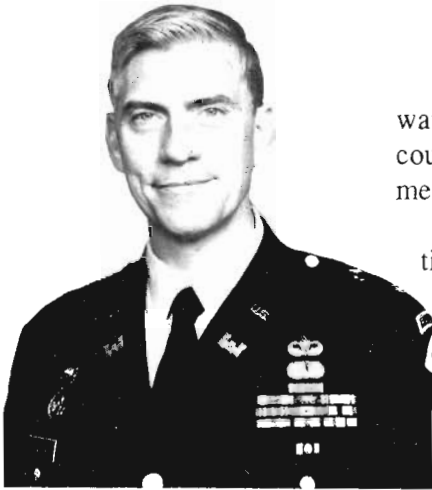
The Information Integration and Implementation Branch (IM-I) provides analysis, design, development, integration, implementation and augmentation of data processing and communication systems. Activities of the branch include support of operating system and application software, programming for District and remote mainframe computers, data base administration, management of contractual support services, and providing necessary user support services in these areas. IM-I operates the IMO customer support center providing a single point of contact for the entire spectrum of data processing and communication support problems.

It provides support and management of District telephone requirements; evaluates, designs, procures and implements voice and data communication systems; provides mobile communication support through the use of cellular telephones: SSB, VHF and Marine band radio systems. And it supports sensitive and secure communication systems and manages the District radio frequency program.

Other articles on IM begin on page 6



Commander's Perspective



COL Thomas C. Suermann

**We are departing
with warm memories
of all of you.**

This will be my last article as your district commander and I want to thank you for the outstanding support, unwavering encouragement and tremendous pride which you have provided to me for the past thirty months in this district.

Thanks to your dedication and professionalism, this organization has risen to meet every challenge which has confronted it. I came here in the middle of a major flood recovery effort and I am leaving while the District is answering the challenge of another flood event. Collectively and individually you all are a tremendously talented group and I know that you will continue to excell in the future.

June and I have met so many wonderful people here that it would be impossible to name all of them in this short article. We are departing with warm memories of all of you. I apologize for not meeting all of you, but I have learned a lot from you.

I encourage all of you to learn more about what your fellow employees do in the organization and to think "outside your box." Don't be afraid to try innovative approaches in working with each other and with our customers. Volunteer to assist the CAC and other groups that try to make life more worthwhile and more enjoyable for all the employees.

Thank you for broadening my perspective of the Corps, its values and your values. Thank you also for sharing your sense of humor, your compassion and your determination with me.

I encourage you to welcome Colonel Tom Hodgini and his family into the District and to give him your full support. He is a great engineer officer and a family man with principle centered values. He is ready to work with you in meeting the challenges which lie ahead.

Goodbye and good luck in all that you and your families do in the future. When I leave St. Louis District I will assume the duties of Deputy Division Engineer for the Ohio River Division in Cincinnati, Ohio.



**US Army Corps
of Engineers**

St. Louis District

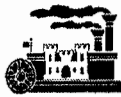
ESPRIT is an unofficial publication authorized under the provisions of AR 360-81. It is published monthly, by contract, in 1450 copies, by the Public Affairs Office, U.S. Army Engineer District, St. Louis. Views and opinions expressed in this publication are not necessarily those of the Department of the Army.

District Commander.....Thomas C. Suermann

Chief, Public Affairs.....Sandra Clawson

Editor, Design, Layout.....Ken Kruchowski

Address mail to: U.S. Army Engineer District, St. Louis, ATTN: CELMS - PA, 1222 Spruce, St. Louis, MO 63103-2833. Phone: (314) 331-8000.



News Briefs

Wappapello Lake:

Boat races

The sixth Annual National Silver Bullet Boat Races was held May 18-19. The races attracted more than 35,000 people. The Lucy Lee Hospital water safety rescue boat was present for the races and will be on the lake Saturdays and Sundays from Memorial Day to Labor Day.

Disabled fishing

The Disabled Persons Fishing day was held on June 9. Seventy-five participants and volunteers had a wonderful day fishing. This event was partnered with the Wappapello Lions Club and Doctors Regional Medical Center.

Ranger talks

During May, park rangers made 28 presentations, mostly on water safety. Other programs included gatehouse tours and walks on nature trails.

Grand opening

The grand opening and dedication of the Visitor Center was held Saturday, June 15. The dedication included various military demonstrations, displays, guided tours and a ribbon cutting ceremony. The U.S. Naval Flying Rifles Drill Team participated.

Mark Twain Lake:

Armed Forces Day

In cooperation with the Tri-City Commission, Mark Twain Lake hosted an air show and Armed Forces Day on May 18th. More than 1400 people enjoyed the armed forces displays and ac-

tivities including a flyover of F-16s as well as the air show which featured a 1934 Bucker-Jungmann, a Pitts S2B and a Freebird 300.

Waterfest change

The Mark Twain Lake Waterfest has been rescheduled because of high water. Originally scheduled for June 23, the event is rescheduled for July 21. It will provide water fun in the sun and safety information for visitors of all ages.

Kids Fishing Day

Local children had the chance to test their fishing skills as well as learn fishing techniques at the Kids Fishing Day. Twenty-one children participated. Prizes were donated by area businesses and lunch was provided by local grocers.

Rend Lake:

Olympic ranger

Park Ranger Mark Meador is one of 16 rangers selected from throughout the U.S. to assist the Corps staffs at Corps lakes near Atlanta during the Olympic Games. Mark is scheduled to work at Allatoona Lake, near Atlanta, from July 17 through August 6.

Kiwanis Fun Day

Park Rangers Gene Morgan, Michael Asa and Stacey Sievers assisted with special programs as Rend Lake hosted the annual Kiwanis Fun Day at the North Marcum Picnic Area on June 15. More than 400 physically and/or mentally challenged individuals

were invited to spend a day of activity at the lake by the Kiwanis Clubs of Division 33 who sponsored the event. Participants were treated to wildlife programs, boat rides, nature hikes, outdoor games and a visit by Woodsy Owl.

Classic Car Show

The sailboat harbor area of the Wayne Fitzgerald State Park was the site of the Harbor Oaks Classic Car Show June 2. The first time lake event was sponsored by the Southern Illinois Region of the Antique Automobile Club of America. Ninety-three cars were entered in the show, with the oldest being a 1915 Packard. A 1931 Pierce Arrow convertible coupe won Best of Show.

Carlyle Lake:

Duck Race

The Great Kaskaskia River Duck Race was held on June 15 in the West Spillway Recreation Area. The event is sponsored by the Healthcare Foundation to raise money to assist individuals who no longer have adequate financial resources for health care. Twelve thousand sponsored ducks were released over the spillway of the dam. Prizes ranged from \$5,000 first prize to gift certificates. The event was kicked off by the 5th annual 5K run/walk. There were concessions and family fun.

Armed Forces Day

Carlyle Lake celebrated Armed Forces Day and the 4th of July on Saturday June 29, in the Dam West Recreation Area. Ac-

(Continued on next page)



New Con-Ops chief



The District is happy to welcome Jim Carter to our team as Chief, Construction-Operations Readiness Division.

Jim comes to us from Ft. Worth District where he has worked for the past 21 years at District, Area, Resident and Project Office locations. He assumed his duties as Chief, Con-Ops on May 26.

Jim is a Registered Professional Engineer in Louisiana and Texas. He holds a M.S. in Civil Engineering from Louisiana Tech University.

He and his wife Sue have three children, Steve (20), Hannah (18) and Sarah (15).

Hahn chosen Emergency Manager of the year for 1995

Our own Emmett Hahn, Chief Readiness Branch, is the winner of the 1995 Emergency Manager of the Year Award for district level personnel.

Emmett received this award for his outstanding involvement in a number of significant Corps-wide Readiness initiatives, specifically the Civil Works National Performance Team, his recruiting and coordinating the timely deployment of a District Urban Search and Rescue structural specialist to Oklahoma City in response to the Murrah Federal Building bombing, his exceptional work as an Action Officer in the Disaster Field Office for the relief efforts on St. Thomas, Virgin Islands, following Hurricane Marilyn, his participation as a Controller/Evaluator for RESPONSE 95 at the Vicksburg District, his continued contributions as a member of the New Madrid

(earthquake) Working Group, and his performance and direction as Chief of the Readiness Branch in the emergency operations during the spring flood of 1995 along the Mississippi and Illinois Rivers which enabled the St. Louis District to implement flood fight measures necessary to prevent major damage.



News Briefs (cont.)

tivities included displays by all branches of the armed services, a sand castle building contest, and a water safety treasure hunt. A fireworks display sponsored by the Fireworks Committee of the Carlyle Lake Chamber of Commerce took place at 9 p.m.

IDNR sales area

The Illinois Department of Natural Resources has opened a new sales area at the Visitor Center. The area has many items to choose from including T-shirts, books, hats, fishing maps and hand-made boomerangs. The area is open from 10 a.m. to 6 p.m. daily.

Workshop

John Perulfi, economist in Planning Division, held the first workshop on the water control plan economic study June 4, 7 p.m. at the visitor center.

Lake projects

The recently passed \$34 billion balanced Illinois state budget includes more than \$2 million for improvements around Carlyle Lake. Projects include cabins at Hazlet State Park, repairing and building levees at Eckert's Woods, parking lot rehabilitation, hiking trails and fish stocking.

(Continued on page 16)

He is also being recognized for his excellence in public service, as he was selected the 1995 Outstanding Federal Manager of the Year, presented by the Federal Executive Board of St. Louis.

In photo at left: Emmett briefs the Chief of Engineers during the flood of 1993.



by Christy Huskey, IM-P

The first thing you must determine is what you are going to use your computer for. The next question is how much money you can afford. My advice is to buy as much PC as you can afford. Don't cut corners on the main system unit (monitor, microprocessor, disk space, etc.).

THE PERFECT HOME PC

At present, the "perfect" home PC is a pentium /90(minimum), has 16MB - not 8MB - of RAM (more memory improves performance), a 256K secondary (L2) cache, a fast 1.2 GB or larger hard disk, a 4X or faster CD-ROM drive, a 64-bit graphics accelerator, a 28.8-Kbps data/fax modem and a 17 inch monitor so that you can operate comfortably at either 800 by 600 or 1,024 by 768 resolution. If you opt for 800 by 600, you should be fine with a 15 inch display - and you'll save \$300.

OPERATING SYSTEMS AND SOFTWARE BUNDLES

Most "home" computers come with Windows 95. However, there are different operating systems from which to choose. Just remember, the software applications you get for your computer must be compatible. If Windows 95 comes preinstalled on your new computer, and you stick with the hardware and software supported under Windows 95, then Windows 95 is fine. When the bugs get worked out, it is sure to become the industry standard.

Typically, you'll get an integrated package such as Microsoft Works (word processor, spreadsheet, database), a personal finance program, games, plus communications, telephony package (answering machine, speakerphone) and internet access.

SOURCES OF INFORMATION

To find out what types of systems are available, the first place to start is by picking up a copy of

one of the many computer magazines and newspapers on the market. These sources have articles comparing the various types and brands of computers as well as other components.

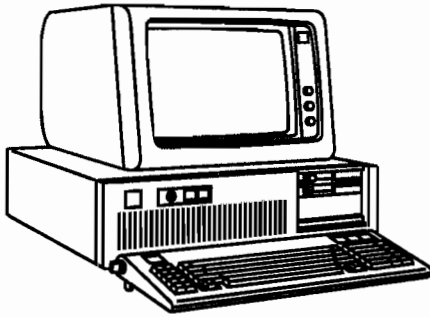
HARDWARE

It's good advice for a first-time buyer to stick with a brand name who's components are compatible. The basic components are the central processing unit (CPU), memory, keyboard, monitor, diskette drive and hard drive. In addition, there are other types of devices you may want to include, such as a mouse, trackball, joy stick, modem, CD-ROM drive, tape drive, plotter, scanner, sound card, TV card, video capture card, speakers, and power supply backup. Whether you need any of these other devices will depend on which software applications you intend to use.

WHAT TYPE OF CONFIGURATION DO YOU NEED?

Most computer systems, particularly the higher-end models, come in more than one configuration: desktop, mini tower, or tower. The configuration you choose depends mainly on the amount of expansion you plan to do in the future. Most tower configurations tend to have a greater amount of expandability than do desktop models, as well as larger power supplies to handle additional internal components, such as multiple hard drives, CD-ROM drives and tape drives. Tower configurations are made to be placed on the floor (except for the mini tower models), whereas desktop models are made to sit on the desktop where the keyboard and monitor are. Other than expandability and maybe a larger internal power supply, it's still the same computer no matter what configuration.

(Continued on next page)



Buying a home computer

**... buy as much PC
as you can afford.**



Home computer (cont.)

COMPUTER SALESPeOPLE

Know what items you want and know the terminology before you go shopping. Here are some basic questions to ask.

What brand, type and speed microprocessor does the computer have? Intel is the leading manufacturer of microprocessors, but they are also manufactured by other companies such as Cyrus and AMD. The type of microprocessor or the class of computer is important. Anything less than a Pentium, such as a 386 or 486, is old technology.

What brand and type of hard drive is in it? Most manufacturers are using the enhanced version of the IDE drive (EIDE). Stick with a brand name such as Conner, Western Digital, Fugitsu or Maxtor with 1 gigabyte or greater storage capacity.

What brand and speed of CD-ROM drive does it have? It is important that the drive is supported by the software you plan to use. The current standard is 4x (quad speed), with the 6x close behind. If you use the drive to load software, play music CD's or just to access files, such as clipart images, a 4x is fine. If you intend to play video from a CD, go with the fastest transfer rate you can get, the 6x.

CAN YOU UPGRADE THE COMPUTER'S MEMORY AND HOW HARD IS IT?

Most computers have four slots available on the motherboard for installing SIMM memory modules (some motherboards only have 2). Check to see how many slots are in the computer and, of those, how many are currently being used.

WHAT TYPE OF MONITOR DOES IT COME WITH?

In some computer ads the list price does not include a monitor. Whether or not the monitor

is part of the bundled deal, make sure that it is a non-interlaced monitor, .26 dpi or .28dpi with a refresh rate of 72 or higher @800 x 600 resolution.

DOES IT COME WITH SOFTWARE?

Most "home" computers come with Windows 95. In addition, most systems will include some sort of business package.

COMPUTER SUPERSTORES AND OTHER OUTLETS

Once you have decided on a system, you need to find out where you can get that system the cheapest. What you need to consider is: What brand names do they carry? Do they have a complete line of peripherals and accessories? Are the salespeople knowledgeable? Do they have a repair shop? Are they certified to repair any brand name computers?

WHAT'S AHEAD?

As the year progresses, look for vendors to offer more specialty systems. Earlier this year NEC sold 5,000 game-oriented PCs. Gateway recently announced Destination, a PC with a wireless keyboard and a 31-inch monitor that doubles as a TV set. A Pentium/120 Destination with 16MB of RAM, 1.2GB hard disk, multimedia titles and a 6X CD-ROM drive will cost about \$4,000.

By the time of the fall refresh of PCs, you'll see 200-MHz Pentium CPUs available. At that point, the best-buy sweet spot will be systems with 166-MHz CPUs. And at year's end you may see the P55C, a high-speed Pentium optimized for multimedia applications. Also look for EIDE hard disks available in 2.5 GB capacities; 3-D rendering to give animation and games a more lifelike feel; and machines equipped with a Universal Serial Bus (USB) to give you the ability to connect multiple devices without running out of connectors or interrupts.

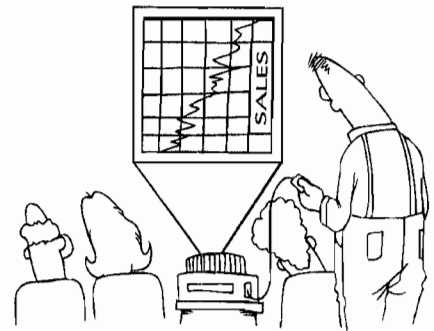
So you have to give a talk

by Russ Elliott, IM-P

So you have to give a talk.

Many of you are required to give presentations periodically. For some, the very thought causes your blood to run cold. Fear not. The Information Management Office can help.

We have many ways to enhance your program through in-house or contract support. Our help runs the gamut from audio visual support to xenon pulse projectors. Our personnel and contractors can help you design, copy, crop or enhance slides, photos, maps and concepts. Computer graphics can simulate reality, chart and highlight information. At public meetings an audio recording or sound system enable all participants to hear and be heard.



Quality graphics support the Corps' professional image and helps to clearly demonstrate complex concepts. The simple addition of handouts enable visitors to leave a meeting with complete information without the distraction of note taking during presentations, plus ensuring that all data is accurate and complete.

We encourage you to come to IM-P for all your audio visual needs. We can ensure that your presentations are professional and stimulating.



Five bad computer habits can ruin your day

Common practices get users into trouble every day

by John Jobst, IM-I

Let me tell you about the five bad computer habits that can ruin your day. These are common practices that get users into trouble every day. They are simple to avoid, and by taking these tips you can be more productive and have a perfect life forever! Well, maybe you won't get as many stress headaches.

#1 - The server told me my password has expired, but I really don't want to change it. Now I'm locked out. If the server tells you your password is expiring, then believe it. We're required by regulation to change passwords every six months. The server will always lock you out if you don't change your password, so just think up another cute word to enter. Remember, passwords must be at least six characters. It is recommended that they be a mixture of alphabetic and numerics, and not be your name or any other word someone might guess based on their knowledge of you.

#2 - I just logged in, but this isn't my server. Remember that the LOGIN command should always include the server name in it. For example, when Peri Winkle logs in, she should type: LOGIN LMS-LESTAT/WINKLE. Even if you have a Preferred Server statement in your NET.CFG file, there is no guarantee that you will be connected to your preferred server. Sometimes the network hiccups and you get connected to another server.

Then when you enter the LOGIN

command, you actually login to that other server.

#3 - Printing wasn't working, so I printed my document again. Now it is printing multiple times. When your application tells you that you have queued up a print job, believe it. If your printout doesn't appear, perhaps the printer is malfunctioning, or perhaps the print server is down. Check these things out first with IMO Customer Support (331-8700) before trying to print again. We have seen as many as 25 copies of the same document waiting in the print queue because a user wouldn't believe that he had really sent his job.

#4 - I was composing a message in GroupWise and the server/network went down. I lost an hour's work. The GroupWise editor is not designed to make periodic backup copies of the message you are composing. If you have a long message to compose, use WordPerfect. Make sure it is Set-up to make periodic backup copies. Then Retrieve into the GroupWise message.

#5 - I sent a message, no one got it, so I sent it again. Now they have multiple copies. If GroupWise tells you that your message was sent, believe it. Don't send it again because it isn't delivered right away. The post office or message server may be down or backlogged. Check the status of your message in your outbox. If the status stays Pending for a long time, then check it out with IMO Customer Support.

The CETAL roller coaster

by Deborah Davis, IM-I

All I can say about the latest version of CETAL is "ROLLER COASTER" in capital letters. And that's exactly what it has been. Ride with Deborah and Vanessa on DCPS' Screamin' CETAL Eagle as they explain the wonderful world of payroll software installation.

We slowly proceeded up the track on CETAL version 15; the first car took us up North to Lake Shelbyville, curved east on Interstate 64 to Carlyle Lake and swung by Rend Lake. And like most roller coasters DCPS put a loop in the track and slowed progress until version 16 came down the track. From there we proceeded on the westbound track to Elsberry, Lock 24 and 25 with stops in between at Lock 27, Riverlands and Melvin Price Lock and Dam. We even had to take along slope down track to Memphis, Tennessee, to get the Dredge Potter ready for the new system. Throughout these travels master files were lost, cost codes came up missing, and timekeepers were missing hair particles.

And now to top all of that off, the suspense of that gigantic dip to version 17 is about to cause anxiety attacks to all the timekeepers, the District CSR and your IM software team. So please people make a point of being kind to these key people. Don't make last minute changes to schedules such as days off, hours worked, tour of duty, etc. These could cause your timekeeper to have mental break downs. And top of the list is PLEASE GIVE YOUR TIMEKEEPER A TIMESHEET WHEN SHE ASKS. This is very

(Continued on next page)



Deployment of CEFMS

by Ron Singleton, IM-I

I want to bring you up to date on the status of the Corps of Engineers Financial Management System (CEFMS). The development and deployment of CEFMS has progressed beyond the testing phase. Six Corps offices participated in the implementation and testing phase. The test results have been presented to the Department of Army Major Automated Information Systems Review Council (MAISRC) for milestone III review and gained approval to deploy Corps-wide. Since that time, four additional districts have completed deployment and the five South Atlantic

Division Districts have begun implementation.

The St. Louis District is scheduled to deploy CEFMS beginning May 1997. The District leadership has already begun to assemble the key personnel to lead this implementation. The key to preparing for CEFMS is the understanding that the system is a comprehensive automated financial management system which impacts virtually everyone in the District. Be aware that system deployment is a tremendous challenge that requires the commitment of our leadership and the involvement of the entire workforce. Although CEFMS

does not change our basic business, it does require modification to most of the business processes that we use to accomplish our financial management activities.

The Information Management Office has begun to evaluate the District data processing potential and the communication requirements of the CEFMS implementation. Field office communications, electronic signature hardware and user training are the items that will affect our budget and workload during the deployment period. Budget estimates, procurement and installation schedules will be developed to help the District users prepare for deployment. The keys to successful implementation are command emphasis, personal involvement, planning and preparation.

Printing... then and now

by Deborah Kuhlmann, IM-P

Can you imagine an office without printing capabilities? When your secretary had to type a memo, letter, or report with three or four carbons to follow. And if she made a mistake, she had to erase each page and the carbons.

A lot of offices were using the mimeograph machine. That was a blueprint you had to wrap around the roller and print one page at a time. Sometimes it was very difficult to read.

Back in the early 70s, when the first Xerox machine came out, we started to get rid of carbon paper and mimeograph machines. I'm sure the secretaries didn't miss their blue fingers.

Printing technology has changed, making things easier. Copier machines now have the capabilities to collate in sets, staple and even fold your copies. In the old days these things were done by hand.

Standard size paper was at one time 8 x 10 1/2. In the middle of the 70s it was changed to 8 1/2 x 11. Copier machines now have the capabilities to print up to 11 x 17 paper size.

Color copying is probably the best thing to happen in the printing industry. We can make color copies of even slides onto bond paper now.

A lot of our printing is done on hi-speed copiers now. Offset presses will be slowly fading out. We can do just about anything you want, from blackline to printing a four color process brochure. We can do special jobs such as brochures, carbonless forms, unusual envelopes, forms or envelopes that need numbers stamped in certain areas, forms with perforations, three ring binders with printing on the front and back and many more.

These special jobs need longer timeframes - from four to six weeks. They are sent to the Government Printing Office.

When submitting a printing request, send an Eng. Form 1309 - an original and two copies. And leave the carbon in. Before it can be sent to IM-P it must be sent to RM-F for approval.

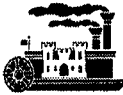
CETAL (cont.)

important because the DCPS system loves to throw people off track. And your paycheck just may be one to miss the ride to the electronic deposit box or post office.

Well we didn't have a choice so all we can do is hang on and roll with the flow until we reach the end of this roller coaster and the ride is over.

-PS-

Don't count on it. The CEFMS roller coaster hits St. Louis District sometime in 1997 and who knows how that will impact CETAL. To put it more lightly, we're Screamin' the Eagle now, but I'm sure CEFMS will be a NINJA of a ride.



Where have all the records gone?

by Sharon Leeker, IM-P

Some District personnel still ask me if they can get records from or have records taken to the Service Base. It is true, the Records Holding Area for the St. Louis District was once located in an old wooden-frame building at the Service Base, which has since been demolished. But in 1989 we determined the storage of our records there was not acceptable. So we began the task of determining if there was a company available that could provide us with the transfer, storage, tracking and easy retrieval of boxes.

I discovered that there were several such companies and that off-site record storage was getting to be big business.

Datastor was awarded our contract. Former IM employee, Nancy Gerth, and I were then faced with the overwhelming job of identifying boxes of records, matching records with paperwork, determining which office the records belonged to, coordinating with that office and determining if the records were still valuable and should even be transferred to the new facility. We had no idea of how many hours it would take, of the physical labor involved and of the dirt and varmints we would encounter along the way.

We destroyed a lot of records which were long past their disposition date and returned some

records to the proponent offices. The majority of records, however, were matched with paperwork and scheduled for transfer to the Datastor storage facility.

The transfer took more than two days, with six Datastor personnel, and with Nancy and I overseeing the move. In the end, we had transferred more than 1,000 cubic foot boxes, as well as several hundred drawing size boxes.

Datastor has provided us with the services we required. It has been almost seven years that we have contracted with Datastor, with them providing us with almost daily pickup and retrieval service, as well as monthly pickup of new record storage. Datastor can boast that they have never lost a box and have provided us with a one-hour RUSH service when we requested.

In 1990, with our move to the RAY Building, our storage increased by an additional 1,000 cubic feet of records, including many engineer drawings. We also had to include an additional requirement for the cold storage of microfilm.

In 1995, we added the daily transfer of computer cartridges and storage of these computer backups in the temperature controlled room.

If you have records that need to be kept more than two years, and if you no longer have the room, you might consider off-site storage. You will be required to complete an SF Form 135. It is basically a transmittal form that should describe what is in each of your record boxes. It should provide enough information that you or your co-workers can identify the appropriate box when retrieving records.

Once your records are transferred, Datastor will provide a box number and a location number. You will need these numbers

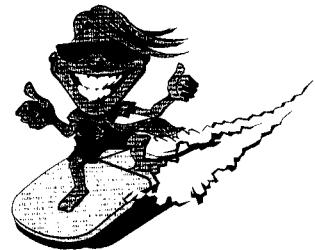
for efficient retrieval.

We have created a data base which contains all the records stored at Datastor. It also keeps track of records that are currently retrieved by each office. This provides us an easy way to control transfer to and from Datastor. This database will eventually be available on the network so you can search it and be advised of which records your office has stored at this facility.

At this time we have more than 3,500 boxes of records, including engineer drawings and maps, microfilm and our backup computer tapes stored at Datastor. And they have "never lost a record."

Datastor headquarters is at 1419 Hanley Industrial Court. Our records are stored at their facility at 1717 Olive Street.

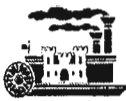
It's a great day for surfing



by Charlie Tippen, IM-P

The morning sun lazily rising, sunglasses on, tanning oil drooling, and the mouse waxed down, I HIT THE NET. The surf was up this morning and I was gliding along with the ease (ha) of this thing called the Internet. This is the best time to ride the waves (radio waves, that is). Not many other surfers out there this early and it makes for easier navigating.

(Continued on next page)



Surfing (cont.)

I surfed across several sites this morning. Some of them well worth mentioning; that is, to anyone who likes to make their job a little easier and their bosses a little happier.

How many times has it happened to you? An expected package that's supposed to have been here days ago is NOT here yet? Where is the @#\$\$ thing? Of course the next thing you do is go crying and whining to your friendly, kindly, considerate, understanding and always cheerful mail clerk.

IT SHOULD HAVE BEEN HERE BY NOW, WHERE IS IT? Of course, I haven't got a clue as to what you're talking about, but I will give you my sympathetic, share your worry look. Probably doesn't happen too many times, but when the package is VITAL to your existence at your present position...! I know it can be frustrating to say the least.

Weeell, JUST for your information, and anyone else you might like to share it with, both U.P.S. and Federal Express have net sites for tracking deliverables. Can you beat that? The Post Office can't. It has a site, but no capabilities for tracking. Hopefully, they'll take a lesson from the others. Are you listening P.O.?

The easiest way to access these two delivery services is to go to <http://www.search.com>. From this site, if you select the business search engine, you can get to the front door of each. Selecting either one will provide you with easy to follow instructions to track that package and find out exactly where it is.

Now this gives you one less reason to pick on your friendly, kindly, considerate, understanding and always cheerful mail clerk.

Putting Netware 4 in "context"

by Russ Powell, IM-I

As you may know, we have recently upgraded our network operating system from Netware v3.11 to Netware v4.1. Most of the changes were made to the parts of the system that only the administrators of the system will see. You may have noticed that disk operations have become somewhat faster, or the names of your printers have changed to something that looks like the following: ".Printer_name.IM.LMS.USACE," but for the most part you should not have been affected by this change. There are, however, a few things you should understand about this new operating system, especially if you are someone that moves from one PC to another to get your work done, frequently gets reassigned from one organization to another, or has accounts on more than one file server.

First, let's get some background information. One of the primary jobs of network administration is the creation of user accounts, and the management of what those users have permission to read, write, erase, etc. This information is typically referred to as the user or group's "rights." With the old version of Netware, this information was managed through a separate database that was stored on each file server, called a "bindery." Each file server had its own bindery with its own set of users, groups, printers, etc. All of which could have their own set of associated rights.

Users could have accounts on multiple servers, and all servers had to be managed separately. When a user logged in, he was logging into an account created on a specific file server. Each account on each file server typically had a separate password, and his rights were dependent upon the information stored in that server's bindery. With only one or two servers and a handful of users, this is not too bad. But, as your network grows and the number of file servers climbs into the double digits with the number of users in the triple digits, the administration of all this information can be a time consuming process.

Now that we have some understanding of how things used to work, we can begin talking about how things have evolved to the current version of Netware.

As I said, most of the changes from Netware 3.11 to Netware 4.1 were made to make the administration of the system more manageable. To that end, the programmers of the system started with a more global view of the network. Rather than storing a separate database of users and groups on each and every file server, they decided to create one



Russ Powell hands computer tapes to Datastor representative for off-site storage.



large database that spans all of the file servers. This database is now referred to as the "Netware Directory Services" (NDS). Each user, group, printer, file server, etc. is simply another object in the NDS and is defined in the NDS only once. Because of the sheer number of objects that could accumulate within this one database, and without some way to categorize and pigeon hole all this information, the system would soon become completely unmanageable. A tree structure is used to categorize all these different objects.

Once this structure is defined, you can begin to assign permissions to different levels and sections of the tree, and any object that is defined within that level or section of the tree inherits the rights that are defined there. Users only have to log in one time with one password, and they will automatically have access to every-

thing the administrators of the system have given them rights to anywhere within the tree. And because file servers and their associated file systems are simply objects within the NDS tree, if the administrator has granted the appropriate rights you can access them.

To solve the problem of users with identical account names, the name of each object within the NDS tree is determined by its location within the tree. This full name is defined by starting with a period and the leaf object's name and working your way up the tree from the bottom to the top, adding and separating each organizational unit with a period (i.e. .Smithj.IM-P.IM.LMS.USACE). The system developers set configuration settings within the system with a default context equaling your location (IM-P.IM.LMS.USACE). As long as you continue to use the same

workstation, you can log into the network using only your object's short name (Smithj). If you use another workstation you must use the full NDS name the first time you log in from that station. The system would then update this workstation default context, unless you type "NOCX" after your full login name (f:\>login lms-lestat/Smithj.im-p.im.lms.usace nocx). If you want to be able to do something with an object that is not defined in your context - like some other division within the District - you must specify the object by its full NDS name.

Even though we have updated the system, we currently have almost every object defined in only one organization, effectively making the system work just like Netware v3.11 used to work. If you are a normal user who stays at and only logs in from one workstation, you will not even notice any changes at all.

Dredge Ste. Gen lost to Mississippi

by Cecily Jones, IM-P (Historian)

Newspaper cutlines under her photos called her "beautiful." Men who worked with her said "She got to you; she was different." At 50 she was still attracting admirers. She was tough; she didn't wince when hit with a bottle at her 50th birthday, a re-christening. In her 52 years she wore the same pristine white dress with a bright orange "bustle" that moved rhythmically when she "walked." Understandably, she was the object of many love affairs.

She was the dredge Ste. Genevieve, named after the historic town 65 miles south of St. Louis. Fondly called "Genny" by almost everyone, she was the last of the steampowered sternwheel dredges. Built with a sister ship,

the Grafton, in 1932 by Dravo Corporation of Pittsburgh for the St. Louis District, she chewed her way up and down the Corps' 300 or so miles of Mississippi, sections of the Illinois and, on contract, parts of the Ohio and Missouri Rivers.

She cost \$413,256. Her oak paddlewheel was powered by two huge Norberg steam engines, no longer made. Miniatures of the Norberg powered other functions. She was 267 feet long, 48 feet wide and weighed a hefty 947 tons. It took a crew of 50 or more in three shifts to run her.

"Genny" was a cutterhead dredge, rather than a dustpan dredge like the Potter. Put simply, that means her cutterhead bit into debris obstructing the navigation channel, while the dustpan dredge scooped it up.

Some have likened the cutterhead to a huge sharp-bladed eggbeater. Sometimes the cutterhead met an object that stopped it cold: cars, sunken river vessels, and even an old dock wagon were found in the channel.

To capsulize her 52 years of service in a short article is like trying to reduce the Bible to a short story. Most who knew her hoped her life after retirement would be as a river museum, but it was not to be. After her retirement in December 1984, she was turned over to GSA and offered as a museum to an entity that could take care of her. The City of Davenport tried, but after two years gave her back to GSA. In 1990, Marine Learning Institute, based in Portage des Sioux, Missouri, acquired her, but during a tow to

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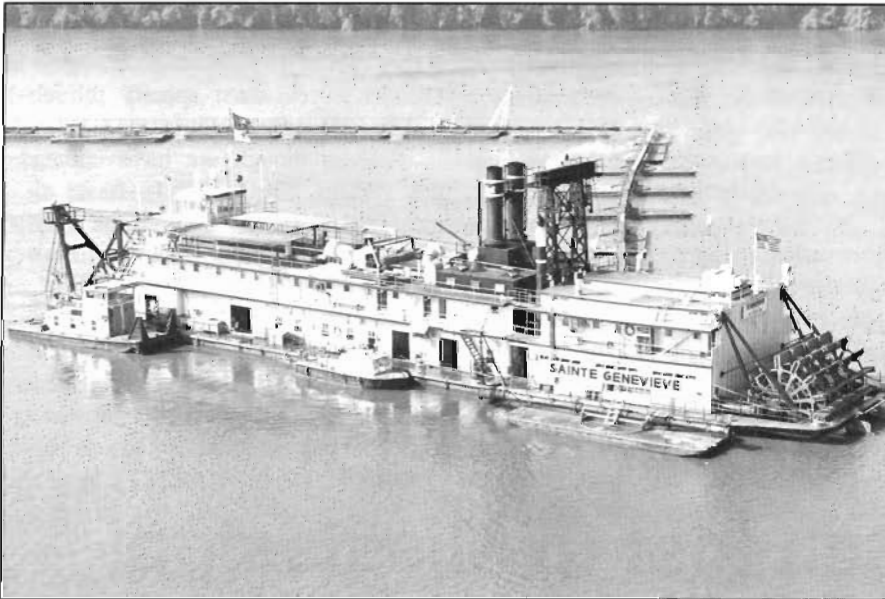


Ste. Gen (cont.)

be part of the 1992 Tall Stacks Festival in Cincinnati (a showcase for steampowered vessels), the "Genny" sank in 15 feet of water after apparently being bumped by another vessel just south of the Ohio River mouth.

She was raised after a month in the water, and later, after be-

master of the Dredge Potter, photographed her after she was raised the second time. He said, in a recent interview, that her loss "hurt," and added that "She made a good living for a lot of families." Lix, a 45-year veteran of the Corps, began his career as a deckhand aboard the "Genny" and spent almost 30 years of his career on the historic vessel.



ing in Missouri Dry Docks, Cape Girardeau, for repairs, she sank again in deep water. Lawsuits ensued, and after settlement, the "Genny" was sold for salvage. Phil Joiner, Paducah, Ky., her owner since April 1994, said, "She would be unrecognizable in her present condition."

Captain Geroid Lix, formerly master of the "Genny" and now

Stephen Miller, who served on her from 1962 until her retirement, said, "It made me a little sick, like having an old home caught in a tornado." He piloted the "Genny" and now pilots the Potter.

The one who finally claimed her was the one she worked on for so many years, the Mighty Mississippi.

the CEAP mainframe computers and network communications on a monthly basis. The IMO in turn bills back to the user based on the time spent on the CEAP system. The charges are billed back at the Branch level and show up under accounting element 367. Because of a Congressional requirement, USACE-IM will be implementing a new billing procedure which will be a fee for service billing for Automated Information Systems (AIS) charges.

VW32 - AUDIO-VISUAL

This account is used to record all expenses related to audio-visual services. Generally, the requests are generated by a LMS-775 form. The charges are billed to you under accounting element 366.

VW43 - PRINTING

This account is used to record all expenses related to printing services procured by requests from an ENG-1309 form. The charges are billed to you under accounting element 328.

VW50 - AUTOMATION

This account contains all direct and indirect costs applicable to automation. There are several items that are billed back to the users out of this account under accounting element 329 (CADD System, Equipment and Software Support, PRIP). An ADP bill is sent out to the Division budget personnel each month indicating the charges that have accrued at the Branch level.

VW51 - TELECOMMUNICATIONS

This facility is used to record and distribute telecommunications costs. Telecommunications costs are the purchase or lease of hardware (PBX, radios, towers, telephones, modems, local area networks, etc.), software (protocols, emulators, local area network packages, operating systems, etc.), service (dedicated

(Continued on next page)

IMO billback system

by Vivian Arthur, IM-P

The billback system was developed during 1987 as a result of direction issued by USACE-IM. And you thought it was something IMO made up to make your work life more miserable.

VW31 - CEAP-IA OPERATIONS

This account is used to record all direct and indirect operating costs of the Corps' central, integrated, computer infrastructure. The District is charged for use of



● Cost per copy program

by Sharon Leeker, IM-P

I am often asked, "What's the catch?" when I recommend to offices that they become part of the Cost Per Copy copier program. They can't believe how easy it is to participate in this program, eliminating their need to prepare a requisition for purchase and maintenance of a copier, to order supplies and to prepare the quarterly copier reports.

In 1994, CASU formed a team composed of CASU staff and Cost Per Copy customers. As part of that team I requested recommendations regarding the equipment and services required by Corps of Engineers employees, and took them into consideration while serving on the technical evaluation team.

In November 1994, the contract was awarded to Minolta and all participants received their new copiers by the end of December 1994. Initially, we placed 15 copiers in the Corps. All of the Minolta copiers have either the

Semi-Automatic Document Feed or Automatic Document Feed, and all do sorting. In addition, the larger machines have Fully Automatic Duplexing as well as other features. The type of copier is dependent on the number of copies being reproduced per month.

Since the initial contract, we have placed two additional copiers, both at field offices. Although most field offices would like to participate, they must be within 50 miles of St. Louis to be included.

Most users seem to be pleased with the Minolta copiers and the convenience and cost savings to the District. Minolta provides all supplies, excluding the paper, and the only cost to the District is the cost per number of copies we make.

Although this program cannot meet all the needs of the District, it has provided the majority of offices with a cost effective alternative to purchasing their own copier.

Billback (cont.)

lines, leased lines, local phone lines, toll calls, etc.), maintenance, analysis and design, technical support and management and operation of communication centers.

The telecommunications facility is billed back to the using elements through two different procedures, one dealing with radio communication maintenance and the other costs of vendor services and procurement of equipment. These charges come under accounting element 332.

The divisions are charged under accounting element 384 for the payment of FTS telephone bills and long distance. This distribution is made based on the number of telephone lines each division has.

Any questions regarding specific costs that have appeared in your budget using the above described accounting elements can be directed to Vivian Arthur at 8640.

Powell SADBUs Specialist of the Year

Kerry Powell, Deputy for Small Business, received the Department of the Army Small and Disadvantaged Business Utilization Specialist of the Year Award from the Secretary of the Army in Washington, DC, on June 13th.

Kerry was selected because of her personal commitment to enhancing the Small Business Program, awarding more than 50 percent of all contract dollars to small business enterprises and contributing to the overall success of the Department of the Army Small Business Program for FY95.

Kerry was also declared a member of the FY95 Army SADBUs Team of Excellence while she was in Washington.

Powell says thank you

As most of you know by now, in June I received the Secretary of the Army's Award for Small and Disadvantaged Business Utilization Specialist of the Year Award for FY95.

I would like to thank everyone in the District for their support.

Without it this honor would not have been possible. Although everyone played a part in this accomplishment, there are a few I would like to give special recognition to for their support and personal effort in supporting the 8(a) program. They are: Len Ross, Billy Arthur, Brad Strauser, Brian Kleber, Ken Koller, Cpt. Heard, Rich Astrack, Debbie Krems, Kathy Ebmeier, Karen Fountain and Lisa White.

Again, thanks to all. And keep up the GOOD WORK!

Kerry Powell, Deputy for Small Business



Dare we provide leadership?

by Major Thomas Osborn, IMA

How dare we not provide the leadership our country needs? At a time when all corners, nooks and crannies of our country cry out for leadership, role models and a compass, we must provide the courage, integrity and determination to stay the course. The same qualities and characteristics we use to lead the Corps and District are needed to lead our nation.

After 20 years teaching in public schools and 27 years in the military, I've made the following observation: The American culture is broke. Statistics from many sources support this premise. For the love of our children and the future of our nation we must provide the leadership. Parents and neighbors, together, CAN make the difference.

Profoundly at Gettysburg, President Lincoln said, "... that we here highly resolve that these dead shall not have died in vain; that this nation, under God, shall have a new birth of freedom..." He was trying to heal and to motivate a divided nation to move forward together. The movement was to reestablish communities and families torn apart by a war. He wanted a nation built on the foundation of families. Families have always been the rock from which our country has started.

In any business/volunteer group, leadership is demanded or provided. We list characteristics or traits looked for/expected of executives, managers and employees. Many dollars are spent on teaching communications, managing and motivation skills to help employees become better leaders. "Leadership is action, not position" - Anonymous. When it comes to leading the most impor-

tant entity of our culture, the family, this degree of effort and concern is not made. Yet, families are expected to produce potential employees who possess certain qualities.

"Man must evolve for all human conflict a method which rejects revenge, aggression and retaliation. The foundation of such a method is love." The late Dr. Martin Luther King, Jr. passionately spoke these words during his drive for civil rights for everyone. A close look at our culture today shows we have made little progress in finding this method.

A recent Newsweek article gave the following statistics. During the period 1990-1994, adult arrests for major violent crimes were down nationally. In the same period, arrests of youth, 18 and under, tripled. The number of assaults on public school employees had tripled. Birth rate figures for age 15 and under was the fastest growing group. The male group, 18 and under, was the fastest growing associated with weapons-related crimes. Law enforcement officials expressed great concern at the emerging group of "super predators." Youth with guns shoot people, other children, at alarming rates. The shootings were done at the slightest provocation with little remorse or emotion.

Today, many people are looking for the government to solve the problem. The government can't fix it and we don't want them to fix it. For the love of our children, parents and neighbors must fix it! they must assume the leadership in the solution.

Where best for a son to learn how to handle anger and frustration, to repair things and develop sports skills, learn the qualities of compassion, caring and empathy

or how to treat a woman than from is dad? Who better to be an example for a daughter to learn how to be a woman, to develop the strength of self-values and inner-strength and how to treat and be treated by a man than her mother? What environment best provides for children to learn group dynamics, sharing and caring, inner-strength and peace other than the family?

Families and neighbors must dare to provide the leadership. Our children's future depends on us daring to lead, daring to say we can and daring to say we will shape, mold and guide our precious children. Let your children, and your neighbor's children, know you are there for them. Be the difference!

Shanklin Logistician of the Year

Ms. Gerri Shanklin, LM-S, has been selected as the 1995 Meritorious Logistician of the Year for the Lower Mississippi Valley Division.

Gerri was recognized for her outstanding efforts in helping the St. Louis District Logistics Office achieve a higher level of effectiveness, accountability and professionalism. In particular, she restored the District's Property Book to a high level of integrity, prepared a unique and clearly written Hand Receipt Holders and Surveying Officer User Guide and developed an effective training program to insure implementation.



From your CASU Library

Need an answer, a quote, a phone number, a ZIP code, a business directory right about now? Test one of these new CD-ROM reference discs right here in the RAY Federal Building.

THE POWER OF CD-ROM

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This CD-ROM disc set provides full reverse searching of more than 90 million U.S. homes and businesses! The search for businesses is done by name, address, business type, phone number, zipcode. You often need only one known feature to find all the others. Look up your phone number and see who has the numbers your number is confused with (mine was one digit off a nearby Schnuck's). This stand alone 6 disc set (divided by geographic regions) is available for your use at CASU Information & Library Services.

THE CAPACITY OF CD-ROM

Need to access key federal officials in Washington, DC? or Not? A very current and complete directory of names and phone numbers of executive, legislative and judicial branches of federal government is on one CD-ROM, Carrol's FedFind. Also included on the same disc is a phone directory listing the important officials of federal officials in offices throughout the U.S. You can use

this disc at CASU Information & Library Services, too.

THE DIVERSITY OF CD-ROM

How do you shelve nine frequently used reference books in less than six square inches? Use a CD-ROM disc! On the new Microsoft Bookshelf, 1995-97 Edition, is included The World Almanac 1996, Concise Encarta 96 World Atlas, American Heritage Dictionary, 3rd Ed., Concise Columbia Encyclopedia, Columbia Dictionary of Quotations, People's Chronology and National Five-Digit ZIP Code and Post Office Directory. You can get your answers from the disc at CASU's Information & Library Services.

A paper copy of any of your searches can be printed on-site. Our library services are on the first floor of the RAY Building, Rm. 1.203. Questions about any of the discs? Call us at 314-539-6110.

Dr. Arthur R. Taylor,
Sr. Librarian

CASU INFORMATION & LIBRARY SERVICES

Mark Twain Lake Project of the Year

Clarence Cannon Dam and Mark Twain Lake has been selected as the 1996 Natural Resources Management Project of the Year by the Chief of Engineers. Mark Twain was selected over five other outstanding nominations, which is indicative of the excellent achievement obtained by the lake.

According to LTG Arthur E. Williams, Mark Twain Lake was chosen for the award, "because of exceptional achievement in natural resources management, efficiency in the use of financial and personnel resources, success in interagency programs, initiative in public involvement and effectiveness in visitor safety."

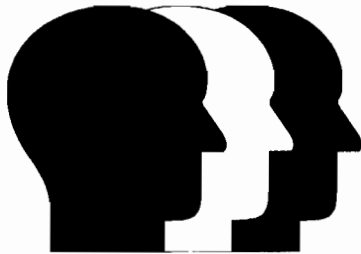
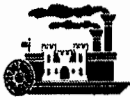
District co-op students win in national competition

In the May issue of ESPRIT we told you about our SCEP (co-op) employees who were part of the Southern Illinois University at Edwardsville winning team in the regional Steel Bridge Contest sponsored by the American Society of Civil Engineers and the American Institute of Steel Construction and held at Oklahoma State University in March. Their team was invited to compete in the national competition in Buffalo, New York, held in May.

Our guys, Lance Engle and Brent Guttman in Construction Branch and Renee Conrad, in Geotechnical Branch, won first place in the aesthetics competition and ninth place overall in the national contest. Forty-two bridges, representing the top bridges in each of twenty regional competitions, were invited to compete.

The SIUE bridge weighed 74.22 pounds and supported 2500 pounds with only .618 inch deflection.

Congratulations.



EEO matters

By Jean Stephens, EEO Officer

Oh my goodness, it's Monday morning again, time to get up and get ready for work and I don't know what I am going to wear! HELP! That's out, needs ironing and not enough time. Whoops, forgot to send that to the cleaners. Guess I'll wear this skirt. Oh no, I forgot to wash that blouse that goes with it. I guess this will do. What happened to the weekend? Never seems to be enough time left to plan and organize what to wear to work all week. Oh well, I guess this will do. Who cares anyway. Almost everyone is going to work casual nowadays....sweat pants, jogging suits, tennis, tee shirts.

Why just the other day I saw a lady in a pair of shorts and of course we all talked about her something terrible, wondering who she worked for and what kind of job she had. We figured

she probably wouldn't get very far career wise dressing like that. Then a bigger discussion ensued about how some of the guys dress and how it doesn't seem to affect their moving up the ladder. Or does it? Are we going too far in our interpretation of office casual?

Not to sound old fashioned, but there was a time when office wear was quite stuffy (secretaries even wore white gloves to work), women wouldn't think of wearing pants, men always wore suits/sports jackets and a tie, and as late as the 60's or 70's (gee, that does seem like a long time ago) there was a dress code and it was enforced.

We, as parents, go bonkers when we see some of the things our children wear going to school and I am sure more than once have sent them back to their rooms for a wardrobe, and attitude, adjustment. What they

must they think of us, their parents, when they see us in the morning.

Dressing for work, no less! They probably think, "I'll be glad when I grow up and go off to meet corporate America." Are we giving our children the message that how you present yourself doesn't count? That all that matters is what you've got to offer, not how you look. Wrong. It does matter and we know it matters.

This is the 90's and we've got it made. Easy care fabrics. Women can wear pants and pant suits. Men can go without ties. Chic office casual is totally acceptable. We just have to know where to draw the line.

What inspired me to broach this "touchy" subject is I am just as guilty as the next person who finds himself/herself totally unprepared for something as important as dressing appropriately for work but somehow always seem to find time to do other things that may or may not enhance my career or raise my personal self esteem.

(Boy, that sure was a good movie last night! I can't believe I stayed up till 12:30 a.m. -- hope I can wake up early enough to find something to wear to work.)

News Briefs (cont.)

Lake Shelbyville:

Earth Day

Sixty-five volunteers joined park rangers to help pick up litter and plant prairie plants and tree seedlings as part of the Earth Day celebrations on April 27. One hundred prairie plants and 50 northern red oaks were planted around the lake. Corps employees and local businesses treated the volunteers to breakfast and lunch.

Fishing tourney

Sixty-five kids 12 years old and under participated in a fishing tournament held at Opossum Creek Pond on June 8. Local businesses donated prizes for the longest fish, first fish, last fish, most fish, smallest fish and heaviest fish caught. The kids learned the importance of catch and release and environmental awareness issues such as littering. The Illinois Department of Natural Resources (IDNR) sponsored the tournament in cooperation with the Corps.

Ranger training

Nineteen park rangers from around the District attended Interpretive Ranger Training at Okaw Bluff Group Camp on June 3-6. The rangers learned how to prepare and present a variety of programs, how to deal with the public, photographic skills and much more. The IDNR conducted a Project Wild Workshop as part of the training.

(Continued on next page)



Coming Events at the lakes

Carlyle Lake

Sept. 21 Conservation Day
Oct. 18-19 Haunted Trail
Dec. 6 Visitor Center Lighting (Christmas Town USA)

Lake Shelbyville

July 13 Dog-O-Rama
July 20-21 Lithia Springs Chautauqua Living History Tours
Aug. 9-10 Environmental Awareness Weekend
Aug. 17 Okaw Indian Festival
Sept. 21 National Hunting & Fishing Weekend
Oct. 3 Eco-Meet
Oct. 26 Lithia Trail of Terror
Nov. 22-24 Deer Hunt for People with Disabilities

Rend Lake

TBA Boat Races
Aug. 3 Summer Beach Blast '96
Sept. 14 Rend Lake Cleanup

Oct. 5-6 Pioneer Life Festival
TBA Children's Arts Festival

Wappapello Lake

July 6-7 Waterfest '96
Sept. 28-29 5th Annual Old Greenville Days
Nov. 23 4th Annual Festival of Lights Auto Tour (through Dec. 22)

Mark Twain Lake

July 5-7 Mark Twain Lake Rodeo
July 13-14 Primitive Artifact Weekend
July 26-28 4th Annual Oral and Moral Storytelling Conference/Festival, Retreat and Book Fair
Aug. 10-11 16th Annual Salt River Folklife Festival
Sept. 14 An Adventure in Astronomy
Sept. 20 Environmental Education Fair
Oct. 5-6 Missouri Mule Days

Rivers Project Office

July 22-Aug. 2 Careers in Science
Sept. 21-22 Big River Days

Master instructor

Park Ranger Pam Doty recently became the Master Hunter Safety Instructor for the southern half of Shelby County, a boating safety instructor and a Project Learning Tree Facilitator. Pam is responsible for ensuring that the need for hunter safety courses is met in the county, assisting other instructors in the coordination and presentation of both hunter and boating safety courses and presenting Project Learning Tree Workshops to local educators. As an instructor and facilitator she is a volunteer for the IDNR.

Levins award

Bill Levins, OC, was the recipient of this year's E. Manning Seltzer Award. The award was presented at the 1996 USACE Legal Services Senior Leadership Conference in Monterey, California.

The E. Manning Seltzer Award is awarded annually to a Corps of Engineers attorney who has made an outstanding and particularly noteworthy contribution to the Corps' legal services mission. It is named for Mr. Seltzer, who served as chief legal advisor to the Chief of Engineers and as General Counsel to the Corps from 1956 to 1977.

Bill was recognized for his work on the Ste. Genevieve Flood

Control Project. He helped create one legal entity out of many to serve as the local sponsor for the project. Bill is the first attorney within the St. Louis District to receive this award.

Foster family says thank you

Your thoughts and words were enlightening. Carolyn loved working and it was hard for her to leave the Corps of Engineers. Initially, she did well, but after a stroke last September, she never recovered.

Thanks for being her friends. The leave you donated made her last days easier. She is in pain no more.

From the family of Carolyn Foster



To your health

Heat turns dog days into killing season

Each year between 300 and 2,000 North Americans die from the heat during the dog days of summer. The number depends on the intensity and duration of heat waves.

How does heat kill? The body's biological thermostat (in the brain's hypothalamus) can be overwhelmed by hot weather, illness or chemicals.

As outside temperatures rise, the thermostat flashes a signal to turn on two cooling systems. First, the blood vessels dilate, releasing heat from the skin's surface. Then an evaporation system orders sweat glands to perspire. The evaporating moisture pulls heat out with it.

As outside temperatures near the temperature of the body and humidity rises, these cooling systems falter. The skin can no long-

er release heat into the air. That leaves sweating to do the job. But when humidity is high, sweat doesn't evaporate very well.

Dehydration is the an important problem. In order to sweat, the body needs water. If you are dehydrated, all body fluids decline. To maintain blood pressure, vessels constrict, driving up your core temperature.

Staying well in hot weather

What's the best way to prevent heat illness? Doctors at Stanford University say the most important step is drinking water continuously, four to six quarts of fluid a day during very hot weather. Anyone exercising in the heat should drink lots of sports drinks, take hydration solutions and avoid salt tablets.

The classic symptoms of heat exhaustion are "floppy feet," (lack of coordination) and nausea. Shade and cool liquids may be enough to prevent a worse condition if the sufferer is alert.

Heatstroke

The red flag of heatstroke is altered consciousness or confusion. Call 911 for emergency cooling help.

To cool heatstroke victims fast, use water sprays and fans to encourage evaporation. The Stanford doctors don't recommend ice baths, which trigger shivering, the body's warming mechanism. First call paramedics, then undress the victims, spray with warm water and cool them with fans. Ice packs placed on pulse points in the neck, pelvis and underarms are also helpful.

Sleep aids immunity, sharpens the mind

Neither animals nor people can survive very long without sleep. Of all the components of good health, sleep has been studied more often than any and for the longest period of history. Aristotle believed sleep was caused by warm vapors rising from the stomach. That, he said, is why people get sleepy after meals.

Whatever the cause of sleep, its effects, and effects of not getting enough sleep, were recently researched at the University of California at San Diego. Researchers found that healthy men deprived of sleep for a single

night had a decrease the following day of nearly 30 percent in the activity of cells that attack tumors. So far, no one has shown that such changes in the immune system actually lead to illness, but people who lose a night's sleep periodically should take heed.

Sleep also helps us recover from milder illnesses like the flu. This has been proven by many medical studies.

At one time doctors believed the brain rested during sleep. Now we know that it works, firing up nerve networks not used during the day. Like muscles, nerves require exercise to prevent atro-

phy. According to the Minnesota Regional Sleep Disorders Center in Minneapolis, sleep serves as an all-systems run-through that keeps the brain at optimal efficiency.

Lose enough sleep and your memory and thinking processes will falter. That's one reason people get forgetful at the end of the day when they haven't had enough sleep. During sleep, the brain sorts through new and old memories to develop a mental model of the world.

Sleep, say the experts, is a basic biological need, just like food and water.



Retiree Review

by the Retiree Correspondent

The June Retirees Luncheon, held on June 20, was sparsely attended, but from this correspondent's information, it was a great success. Many of the regulars were "out of town" acting like athletes. You know - golfers. The July luncheon should have a great many stories about how someone just missed a great "bird" or "eagle," or someone had a great drive and hit every fairway or green. You must remember that golf is much like fishing. Everyone has license to stretch the truth just a little.

There were eleven in attendance and they had a great time talking about those regulars who were absent. They also had some wonderful stories by the ole story teller, George Clapp.

Kate Stiles is still in the hospital. Understand she is having some serious bouts with pneumonia and circulation in her leg. She has been in St. Anthony's for about a month. So it must be pretty serious. I don't think it's the hospital cooking that's keeping her there. Kate, get well soon. We need you to keep us advised about all the retirees who call you.

We received information that Vera O'Heim has moved to Chattanooga, Tennessee, to be with family. That's great. Hope you enjoy the area, Vera.

There still seems to be some concern that the Huizenga's have moved or are going to move. Not so. They just went "up East" to visit family and then were scheduled to go to the golf tournament. They should be back for the July luncheon, with a number of stories.

The Puricelli's were off to the Kansas City area. It seems that someone thinks that Pete has some knowledge that can be imparted on the young government employee of today. He tried for years to convince many of us that he knew a lot about the financial workings of the government. Maybe he can succeed this "go-around."

Since your correspondent was also absent, much of this information was gleaned from telephone calls to various retirees. Hopefully, the next edition will be more informative. Mark your calendars for the 3rd Thursday of July, the 18th, at the Salad Bowl, about 11 a.m. Let's have a large turn out.

Condolences

George Quick, retired Engineering Equipment Operator at Lake Shelbyville, passed away on Friday, June 7. George began work at the lake in 1967 and retired in January 1993.

More aspirin-heart attack news

A study published in *Circulation* shows that the risk of having a heart attack after a bout of anger, a common trigger, was 50 percent lower in regular aspirin users.

Even for people in the throes of a heart attack researchers found chewing two adult aspirins (uncoated) can help break up artery-plugging clots and reduce heart muscle damage.

Aspirin substitutes like ibuprofen and acetaminophen won't do it, according to the University of Florida Health Sciences Center. Such emergency self-treatment could save many thousands of lives in North America each year, the Center reports.

Low-fat diet and tumors

Researchers at Memorial Sloan Kettering Cancer Center in New York City say that when laboratory animals are fed a diet very low in fat, their tumor growth is slowed by almost half, indicating that dietary improvements may help treat cancer as well as prevent it.

Europe: Taking August off

Europe in August? One *Business Week* correspondent says no one, but no one, works in August. With 80 million people on vacation, any place with sand, surf and sun is over crowded. Big French concerns close down for the entire month. In Italy, you can't find anyone in charge of anything. In Germany, the silence is called the *Sommer Loch*, or summer hole, when government, banking and industry are generally closed. Don't go in August, or in July for that matter.

— Earth Notes —

Electric car

General Motors will market its Impact electric car on a lease basis through Saturn dealerships in Los Angeles, San Diego, Phoenix and Tucson. It has lead-acid batteries and travels 70 miles in the city and 90 miles on the highway without recharging. Some authorities say hybrid cars which use small gas engines to keep batteries charged will gain wider acceptance than all-electrics.

Eat the weeds

by Laura W. Schaefer, Rivers Project Office

When I was 12 I made fried violets for my friends. I admit, they were hesitant to taste this rare delicacy I created, but they ended up loving them, and now, eleven years later, we reminisce about my unusual cooking craft and those city girls have something to laugh about.

They ate weeds!

A "weed" is in the eye of the beholder, or gardener, or lawnmower or what have you. In my eyes, I've seen few weeds.

There is an abundance of healthy and edible "weeds" which grow all around you. You may be amazed. Take notice of the wood sorrel coming up through the cracks in your driveway, the chickweed and plantains in your yard and the vengeful dandelion and thistle dusting the roadsides with color. Take your anger out on them by devouring them. Try a new delicacy and do some

"weeding" at the same time. What bad could come out of it - your weeds are pulled, your stomach has had a new dining experience and you can brag to your neighbors, "Yeh, I just eat the stuff."

Add to salads: wood sorrel, wild mints, young dandelion leaves, wild mustard, young chicory leaves (roots can be used as a coffee substitute), purslane.

Cook like spinach: plantain, dock, wild mustard.

Steam and serve with lemon butter: young thistle hearts, wild fennel stems, young cattail stems, nettles, young tiger lily buds.

Arrowhead pancakes (hey, Lewis and Clark ate them): 3 cups arrowhead tubers, juice of 2 lemons in a bowl of water, 1 egg, 1 tsp sugar, 1 tsp salt, 1 cup flour, 2 tbsp oil. Rinse tubers and peel as thinly as possible. Put tubers in the lemon/water mixture. This prevents discoloration. When all

tubers are peeled, discard water and grate tubers, retaining their juice. Stir in remaining ingredients. Spoon onto a hot greased griddle and serve with your favorite syrup.

Creamed Wild Onions: 1 cup onion bulbs and leaves, 1 tbsp margarine or butter, 2 tbsp flour, 3/4 tsp salt, dash of pepper, 1 cup milk. Remove the outer skins of plant. Tear the leaves into bite size pieces and simmer in a little water until tender. Heat margarine until melted. Add flour, salt and pepper and cook, stirring for 1 minute. Add the onion. Stir in milk and simmer until thickened.

If you are hesitant to pick just any old weed, try using one of these guides. *Eating On the Wild Side* by Nina Etkin (ed.), *Edible Wild Plants of the Prairie* by Kelly Kindscher and *A Field Guide to Edible Wild Plants* by Lee Allen Peterson.

Riverlands Careers in Science Program

by Erin S. Connett, Rivers Project Office

The Riverlands Careers in Science Program is a summer internship for high school and undergraduate students focusing on independent and semi-dependent studies in a science field. The Riverlands Research Facilities are used for study in the program, as a living classroom. The students are inspired by mentors, educators and scientists as examples for future occupational ideas.

They are able to study any science from herpetology to physics. This hands-on internship program was developed by the Riverlands Area Office and the St. Louis School Partnership Program in cooperation with the

World Bird Sanctuary, The Missouri Botanical Garden, Southern Illinois University at Edwardsville, the Illinois Natural History Survey, Long Term Resource Monitoring Program and Civic Progress.

The students participate in many activities such as native prairie plant count, land management, water quality testing and other endeavors. The students will travel to many parts of the St. Louis Metropolitan Area to explore careers, such as a curator at the St. Louis Zoo, or professor at Southern Illinois University.

All of the students who have been accepted for the Careers in Science Program are required to possess a letter of recommenda-

tion from one of their teachers, to have a high interest in science and have high academic standings. This program will be held from July 22 through August 2.

Change of Command

This is another reminder that everyone is invited to attend the St. Louis District's Change of Command ceremonies. Col. Tom Suermann will pass the flag to Col. Tom Hodgini at 10:30 a.m., Thursday, July 25th., at the Hyatt Regency Hotel at Union Station, Grand Ballroom F.

A farewell luncheon will be held for Col. Suermann at the Bevo Mill on Monday, July 22nd.